

pleasures of this life. There are many who think that the Christian life is a gloomy one, and in order to be a Christian they would have to sacrifice all the natural enjoyments of life and for this reason put off this most important work from day to day until it is forever too late and they are doomed to destruction. If we could only have them realize what a great comfort there is in a Christian life, that we have a heavenly father in whom we can trust and to whom we can pray when the dark shadows gather around us and our hearts are filled with sadness. Yes he can enlighten the darkest hours of life and relieve the severest woes. Religion lights us through the rugged path on earth, and at the close of life lights us to heaven. Christians should remember the poor, the needy, and the afflicted; we should so let our light shine that others may see by our good works that we are not merely professors but also practicers of the doctrines enforced by the Saviour.

We should be virtuous for in this is all honor, wealth and happiness. Virtue is certainly the most noble and sure possession that one can have. If we have this we have everything, if we lose this all is lost. The vile or sinful may prosper for a season but this should not discourage those who try to live good and upright lives. All else will vanish away and be forgotten but virtue will remain forever. We should bear in mind the words recorded in Gal. vi, 7, "That whatsoever a man soweth that will he also reap." We should keep out of bad company for in this way we are often led astray. Many times people will judge us by the company we keep; it would be far better for us to be alone than in bad company. The Christian may often feel the effects of sin, or suffer from sickness or bereavement yet he has that assurance that in Heaven there is rest. We find the importance of living a Christian life, in that dying hour when all else would be dark and gloomy were it not for that blessed assurance that we have a hope in heaven. May we so live that when our hour of death draws nigh, and we are called to leave this world, we may hear those blessed words; "Well done, thou good and faithful servant: enter thou into the joy of thy Lord."

ARVILLA KIEFER.

#### NEW HOPE THROUGH TROUBLE.

The trouble which we bear rightly with God's help gives new hope. If we have made our sorrow an occasion for learning, by living experience, somewhat more of his exquisitely varied and ever ready power to aid and bless, then it will teach us firmer confidence in these inexhaustible resources, which we have thus once more proved. "Tribulation worketh patience, and patience experience, and experience hope." That is the order. You cannot put patience and experience into a parenthesis, and omitting them, bring hope out of tribulation. But if in my sorrow I have been able to keep quiet because I have had hold of God's hand, and if in that unstruggling submission I have found that from his hand I had been upheld, and had strength above my own infused into me, then my memory will give the threads with which hope weaves her bright web. I build upon two things—God's unchangeableness and his help already received; and upon these foundations I may wisely and safely rear a palace of hope which shall never prove a castle in the air.

The past, when it is God's past, is the surest pledge of the future. Because he has been with us in six troubles, therefore we may be sure that in seven he will not forsake us. The light of hope is the brightness of the face of God. I may say again that the light of hope which fills our sky is like that which on summer nights lives till morning in the calm west, and with its colorless, tranquil beauty tells of a yesterday of unclouded splendor, and prophesies a tomorrow yet more abundant. The glow from a sun that is set, the experience of past deliverances, is the truest light of hope to light our way through the night of life. One of the Psalms gives us, in different form, a metaphor and promise: "Blessed are the men who, passing through the valley of weeping, make it a well." They gather their tears, as it were, into the cisterns by the wayside, and draw refreshment and strength from their very sorrows. And then, when we thus in our wise husbandry have irrigated the soil with the gathered results of our sorrows, the heavens bend over us with the gracious tears, "and the rain

also covereth it with blessings. "No chastisement for the present seemeth to be joyous, but grievous; nevertheless, afterward it yieldeth the peaceable fruit of righteousness."

If there were no sun there would be no shadow; presently the sun will be right overhead, and there will be no shadow then. Never mind how black it may look ahead, or how frowning the rocks. From between their narrowest gorge you may see, if you will, the guide whom God has sent you, and that angel of hope will light up all the darkness, and will only fade away when she is lost in the sevenfold brightness of that upper land whereof our God himself is sun and moon; the true Canaan to whose everlasting mountains the steep way of life has climbed at last through valleys of trouble and of weeping and of the shadow of death.—Dr. Maclaren.

#### BE GOOD TO YOURSELF.

This is a common admonition, and it is full of important meaning. A man should take as good care of himself as he does of his horse; but how few do this. If you do not take care of yourself no one can take care of you. Take care of your body. Consider its needs. "Make up your mind firmly not to abuse it. Eat nothing that will hurt it, wear nothing that distorts or pains it. Do not overload it with victuals, or drink, or work. Give yourself regular and abundant sleep. Keep your body warmly clad. At the first signal of danger from any of the thousand enemies that surround you, defend yourself. Do not take cold; guard yourself against it; if you feel the first symptoms, give yourself heroic treatment. Get into a fine glow of heat by exercise. This is the only body you will ever have in this world. A large share of pleasure and pain of life will come through the use you make of it. Study deeply and diligently the structure of it, the laws that should govern it, the pains and penalties that will surely follow a violation of every law of life and health."

Glorify God in your body, and let your body be a temple of the Holy Ghost, that God may dwell in you and walk in you.—Common People.